

GET OUTSIDE: IT'S GOOD FOR YOU!

Nature can improve your health and well-being. Chatham Girl Scouts Troop 97790 wanted to create a Girl Scout's Guide to Chatham's trails to help raise awareness of the open space areas we have in our community. We hope you enjoy spending time on the trails we showcase in our guide! Happy Hiking!

Being in nature good for you

- Being outdoors is good for your mental health
- Being in nature calms you
- The silence and peace can help to slow down your heart rate and blood pressure
- It reduces stress levels and calms anxiety
- Nature provides an escape from everyday pressures
- Nature can help you focus; being outside boosts energy and positivity
- Studies show that a after 20 minutes of walking, cortisol levels decrease



OUR TEAM FROM TROOP 97790

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Featured trails include:

- Giralda Farms Preserve
- Great Swamp Outdoor Ed Center Trails
- Green Village Pond Trail
- Hillside Trail
- Riverside Trail at Sheppard Kollock Park
- Shunpike Trail

HAPPY HIKING!



Chatham Girl Scouts
Troop 97790

TRAILS OF THE CHATHAMS: A GIRL SCOUT'S GUIDE



Created by Troop 97790 for our
Bronze Award, Summer 2024

GIRALDA FARMS PRESERVE

Location: Park on Woodland Rd near St Hubert's Animal Welfare Center

Distance: 1.5 mile loop trail

This is a flat, wide and very easy trail that is fun for everyone to enjoy. You can bring your dog on this trail, and can even ride a bike. There are lots of trees and open fields to admire and animals to observe as you walk on the gravel path. Note that you must park on the street.



GREAT SWAMP OUTDOOR EDUCATION CENTER TRAILS

Location: 247 Southern Blvd, Chatham Township

Distance: Orange trail is 0.55 miles and the Red trail is 0.42 miles

The Great Swamp Outdoor Ed Center has 2 miles of flat and boardwalk trails. We focused on the Orange and Red trails. Our favorite part along the Red trail is the native plants, especially the flowers. The trail and boardwalk are very easy to walk along. The Orange trail is also a mix of natural path and boardwalks. There is a slight elevation but this is also a very easy trail. We really like the observation points where you can sit and enjoy the birds and other animals.



GREEN VILLAGE CONSERVATION TRAIL

Location: 310 Green Village Road, Chatham Township - next to the Kent Place turf fields

Distance: 1.3 mile loop trail

This loop trail is fun in all four seasons. It's an easy walk, but there are a number of small bridges to cross as well as soggy areas. Our favorite part was the pond! Along the way you will see lots of trees, moss, birds, insects and even frogs. Park across from the Chatham Hill Apartments. We recommend long socks because there is poison ivy along the trail, and you may want to use bug spray.



HILLSIDE TRAIL

Location: Parking lot located on Hillside Ave, just off River Road, Chatham Township

Distance: 0.7 mile loop trail

The Hillside Trail is a great place to enjoy a walk in nature. It's near the Passaic River Park and the former Dixdale Farm. At the start of the trail there are many flowers as well as the old corn crib, which has been restored by the Historical Society! We encourage you to walk on the Hillside Trail and enjoy a relaxing time in nature.



RIVERSIDE TRAIL AT SHEPPARD KOLLOCK PARK

Location: Sheppard Kollock Park, Chatham Borough - accessed near the ball field

Distance: 1.5 mile out and back trail

This is an interesting and fun trail, located along the Passaic River. It will take you about 40 minutes to complete if you stop to look at the plants, listen to the birds and read the historical markers. The trail is well maintained but has some poison ivy and muddy areas after a rain storm, so hiking boots and long socks are a good idea. Spending time on the Riverside Trail can be very calming because you have the river next to you and there are many birds chirping and leaves rustling.



SHUNPIKE TRAIL

Location: 525 Shunpike Rd, Chatham Township

Distance: Easy 0.5 mile loop trail

Park in 2nd overflow lot for Castle Park/Shunpike field to access the trail head. This is an easy walk to enjoy in town. In the first part of the trail, you will see a stream and as you walk further you can even see Shunpike playing fields. We saw many mature oak trees and beach trees as well as ferns and other plants. Fun fact:; this trail was created by a Chatham Scout!

